

WOD 14/11/16

Mon

Strength/Skill

5 Sets
OHS x 3

Accessory

3 Sets
Bent Over Row x 6
Banded Pull Aparts x 12

WOD

4 Rounds
5 T2B + C2B
10 Front Squats @ 70/50
10 Burpees

*cant drop between
T2B & C2B

Tue

Strength/Skill

In Total
5mins of HS Hold
50 Str Pull Ups

Accessory

During Rest
3-5 Sets bar only
Pow Pos Snatch High Pull x10
Pow Pos Snatch x 10

WOD

10min AMRAP
50 Doubles
Max HSPUs

Wed

Strength/Skill

5 Sets
DeadLifts x 3
ss
Exp Push Ups Max 1010

WOD

10 min AMRAP
5 Shoulder to OH @ 60/40
10 Deadlifts @ 60/40
15 Box Jumps

Accessory

Finisher
100 Banded RDLs

Thu

WOD

40min AMRAP
Rebound Chipper
1,1-2,1-2-3,1-2-3-4 & so on
@ 60/40

1 Clean & Jerk

2 HSPUs

3 Front Squats

4 T2B

5 Cleans

6 Pull Ups

7 Dead Lifts

8 Burpees

Rest 2mins

Fri

Strength/Skill

5 Sets
Front Rack Lunges x 12

Accessory

3 Sets
12 Tempo Sit Ups
12 L-sit Pulses
30sec Hollow
Rest 1min

WOD

Partner 10 Rounds
20m DB Lunge @ 10/5's
80m Run

No Shows/ Not Signing in Punishment

Tell a Joke

Focus

OH Mobility
2mins plus of Hanging
everyday